



Amogha Yoga

Amogha means infallible, unfailing and spotless. Amogha Yoga is an effort of Pratyush Sinha Foundation, providing people with an opportunity to enhance their well being through the practice of Yoga.*

About the Instructor:

Prabha Sinha has been practicing Yoga for ten years and teaching yoga for last five years. Her classes are a blend of eastern and western traditions of yoga and are tailored to meet the specific needs of the practitioners present. Through the practice of physical postures, breathing exercises and meditation, students seek to achieve the union of body, mind and spirit. Her belief is that yoga is accessible to all regardless of shape, size or physical limitations. Yoga is an integral part of holistic lifestyle and with consistent practice can lead the practitioner to not only physical ease but also mental calmness and spiritual growth.

Teaching at:

Quiet Heart Yoga (www.quietheartyyoga.com)
West End Yoga (www.weyogacenter.com)

Also available for private classes. To schedule an appointment contact Prabha Sinha:

Phone: 704-608-5558

Email: amoghayoga@gmail.com

Website: www.amoghayoga.com

Celebrate Yoga Month with us at Quiet Heart Yoga with a **FREE CLASSES** Sept. 4th to Sept 10th.

Class Schedule:

Quiet Heart Yoga

5531 Hamilton Blvd, Unit# 7
Wescosville, PA 18106

Tuesdays: 10 am-11:30 am (Hatha Yoga)

Thursdays: 5:30 pm-7 pm (Hatha Yoga)

Saturdays: 8:15 am-9:45 am (Gentle)

Sundays: 11:50 am-1:00 pm (Kids Yoga)

West End Yoga

2313 W. Highland Street,
Allentown, PA 18104

Fridays: 4:30 pm-5:30 pm (Deep Stretch)

Class Descriptions:

Hatha Yoga: All levels welcome. Class begins with asanas, followed by pranayama and ends with seated meditation.

Gentle Yoga: Same format as the Hatha Yoga class but postures are gentler and modified for the maximum benefit of the practitioners with the use of props and adjustments.

Deep Stretch: The focus in this class is on enhancing the flexibility and mobility of joints, connective tissues, ligaments and fascia, by holding the postures for 1 to 3 minutes. Most postures practiced are supine, prone and seated and is also beginner friendly.

Kids Yoga: Integrated program geared for kids 10-16 years old, that includes breath work, meditation and asana practice with the aim of equipping them with tools to deal with adolescent pressures and achieve a holistic balance.

* Pratyush Sinha Foundation is a registered non-profit foundation providing under privileged kids the opportunity to a better life through better education. Proceeds from Amogha Yoga support efforts of the Foundation.